

GREAT LAKES BULLETIN

The United States Navy's oldest, continuously published base newspaper

Vol. 87, No. 16

Army visits to view Navy training



Photo by Matt Mogle, TSC Public Affairs

EN1(SW) Nicholas G. Lutze, instructor at the Center for Naval Engineering Learning Site, Great Lakes, gives an overview of the diesel simulator to Lt. Gen. Mark Hertling, deputy commanding general TRADOC, Initial Military Training, U.S. Army. This simulator gives students the opportunity to learn engine alignment by using Engineering Operational Sequencing System (EOSS), operation and casualty control. Turn to page 2 for the story.



This week

DENIM DAY



RTC observes SAAM
PAGE 3

MUSEUM



Remodeled building
reopens
PAGE 3

WAR GAMES



NROTC Marines on
manuevers
PAGE 18

About us Great Lakes BULLETIN

Volume 87, No. 16

The **Great Lakes Bulletin** is published every Friday by Lake County Journal, 34121 N. Route 45, Suite 224, Grayslake, IL 60030, in the interest of military and civilian personnel aboard Naval Station, Great Lakes.

EDITORIAL

Public Affairs Office
2601E Paul Jones St.
Great Lakes, IL 60088
(847) 688-4808

Opinions expressed herein do not necessarily represent those of the United States Navy nor officials of Naval Station, Great Lakes. Deadline for submission of copy to **GREAT LAKES BULLETIN** is 4 p.m. on Monday the week of publication.

ADVERTISING

Lake County Journal
34121 N. Route 45, Suite 224
Grayslake, IL 60030
(847) 223-8161

PUBLISHER:

John Rung
(815) 459-4040

GENERAL MANAGER:

J. Tom Shaw
(815) 459-4040
jtshaw@shawsuburban.com

ACCOUNT EXECUTIVE:

Erik Lindgren
(847) 962-7179
elindgren@shawsuburban.com

The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement by the Department of Defense or the U.S. Navy.

All commercial advertising is arranged at the office of the publisher Lake County Journal, 34121 N. Route 45, Suite 224, Grayslake, IL 60030 (847) 223-8161. **The Great Lakes Bulletin** has a circulation of 14,000. Subscription information is also available from the publisher.

Everything advertised in this publication shall be available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchase, user or patron.

Capt. John Malfitano
Commanding Officer

John L. Sheppard
Naval Station
Public Affairs Officer

Paul Engstrom
Managing Editor

Factual accuracy

Accuracy is important to us at the GREAT LAKES BULLETIN and we want to correct mistakes promptly. If you believe a factual error has been published, please bring it to our attention. Call Paul Engstrom at (847) 688-4808



Photo by Matt Mogle, TSC Public Affairs

Lt. Gen. Mark Hertling, deputy commanding general TRADOC, Initial Military Training, U.S. Army, gets a hands-on feel of computer-based training (CBT) that is on part of Basic Engineering Common Core (BECC) at Center for Naval Engineering Learning Site, Great Lakes.

Army tours Great Lakes to better understand Navy training

By **JAMES ANTONUCCI**
TSC Public Affairs

If there is one thing that the Army and the Navy have in common ... it's training. Lt. Gen. Mark P. Hertling, the Army's deputy commanding general for Initial Military Training (IMT), took time Tuesday to tour Navy facilities at Recruit Training Command (RTC), Training Support Center (TSC), and Learning Sites at Naval Station Great Lakes.

With Army recruiting now separated from the IMT process, Hertling is responsible for Initial Military Training of both officers and enlisted soldiers at 27 installations across the United States. With this responsibility, the desire to do things in the most efficient and cost-effective manner is paramount.

Hertling said that he "wants to invigorate his soldiers and incorporate the values he wants them to have."

Hertling not only focused

on the training conducted, but how TSC transitions Sailors from recruit training to TSC's apprentice-level schools and see, first hand, the transition process here at Great Lakes. During his visit to TSC and the various learning sites, he was able to engage in one-on-one conversations with everyone from Sailors in training to the instructors who train them.

Hertling also took time to speak with many young Sailors about what they were learning in their rates, how they felt about the training and where they hoped to go from here. Upward mobility and career development were definitely at the top of his interest list.

Cmdr. Michael R. Curtis,

officer-in-charge of Center for Naval Engineering (CNE), took pride in showing off training facilities like Basic Engineering Common Core (BECC) and labs, and explained the blended-training environment used by his command. The general especially enjoyed the flat panel diesel simulator along with the concepts of individualized computer-based training (CBT) at the schoolhouse.

Capt. Caroline M. Olinger, commanding officer of TSC Great Lakes commented that "Lt. Gen. Hertling found that the Army has very similar issues across the board as we do including how to better manage gaining unit expectations on the level of training conducted in an apprenticeship-level environment. He also

found that many of our Sailors are just like his soldiers."

Cmdr. Jon B. Lundquist, commanding officer for Center for Surface Combat Systems Unit (CSCSU) directed the tour of Apprentice Technical Training (ATT) and the Gunner's Mate (GM) "A" School. Hertling posed many questions to better understand schoolhouse processes and feedback mechanisms for course/curriculum changes.

Hertling said he was impressed with the overall RTC and TSC infrastructure compared to Army training sites and that the Navy was consolidated into one location here at Great Lakes.

He has visited with the Marines, Air Force and now the Navy, gaining a better understanding of what each service's training methods have to offer. He commented that he hoped to go away from Great Lakes with ideas on how to improve his training methods and better serve his Army commands.



RTC observes Sexual Assault Awareness Month

By **BRIAN WALSH**
RTC Public Affairs

The normal uniform attire seen at Recruit Training Command (RTC) was changed for a day April 14 as RTC staff observed Sexual Assault Awareness Month (SAAM) by wearing denim jeans to raise public awareness about sexual violence.

The "Denim Day" allowed many RTC staff members the opportunity to create a teaching moment for those unaware of the prevalence and human cost of sexual assault in the world.

"Instead of a limited number of people attending an observance, by having the staff wear jeans, we are creating a conversational moment that you do not get by holding a single event," RTC's Command Master Chief Richard Dodd said.

The questions started at the beginning of the day, according to Dodd.

Speaking at Naval Service Training Command's (NSTC) Sailor of the Quarter award ceremony, Dodd retold the question he was asked by security at RTC's main gate after they saw so many RTC personnel in civilian clothes.

"Security wondered if everyone was going to the Cubs game," he said.

Recruits were also shocked to see their Recruit Division Commanders (RDCs) wearing denim.

"The recruits were curious and questioned the change in uniform," Dodd said. "This provides good deckplate conversation between the recruits and their RDCs in raising awareness of sexual assault."

Capt. John W. Peterson, commanding officer, RTC, agreed.

"We always have time to stand up for what we believe in at our command," he said. "We stand up to the challenge every day, in uniform and out of uniform; to be good citizens, to talk about conduct and to take a stand against that which is wrong."

HM1(FMF) Tanya Campbell, RDC, Division 184 on board the recruit barracks USS TRITON, is steadfast in her role as educator of the importance behind the wearing of denim and SAAM.

"This month is needed to remind us of the importance in our fight against sexual assault," she said.

"Denim Day" began as a



Photo by Sue Krawczyk, RTC Public Affairs

Recruit Division Commander (RDC) HM1 Tanya Campbell, speaks to recruits from her division at Recruit Training Command. Campbell was out of uniform and in her jeans as RTC staff and personnel observed Denim Day on April 14 as a visible means of protest against myths that surround sexual assault.

demonstration by female parliamentarians in Italy against the Italian Supreme Court of Appeal's decision to overturn a convicted rapist's sentence.

In 1992, an 18-year-old Italian woman left her home with an instructor for her first driving lesson. Once in an isolated area, the young woman alleged the instructor raped her. Although she said he threatened to kill her if she told anyone, the woman pressed charges and the in-

structor was convicted and sentenced to 34 months in jail.

The instructor appealed his case and in 1999, the Italian Supreme Court overruled the conviction and dismissed the charges. In the court's opinion, it was not possible to remove a pair of jeans "without the collaboration of the person wearing them," implying that any sexual contact must have been consensual because the young woman wore jeans.

The demonstration quickly

spread around the world and, in April 1999, California established the first "Denim Day" in the United States as a visible means of protest against myths that surround sexual assault.

"We wear jeans to say that what you wear does not dictate the right of others to assault you," Campbell said. "I use this opportunity, along with all RTC staff, to teach our recruits, and whoever may inquire, that this behavior is not acceptable."

Curator invites public to remodeled museum

By **JUDY R. LAZARUS**
Bulletin Associate Editor

"Our goal is to get things up and running, our collections organized, and to carry our plans to fruition," said Great Lakes Naval Museum curator Jennifer Searcy. "We have a fantastic space inside and outside and a great accessible location."

The Atlanta, Ga. native, who lives in Palatine, Ill. with her husband Mike, began her present job March 15. Before coming to Great Lakes she served as a corporate archivist

at Abbott Labs.

"Then this opportunity to be a part of a museum opened up," she said.

Searcy graduated from the University of Florida ("Go Gators," she noted), and received her master's degree, majoring in history and museum studies, at Tufts University in Boston, Mass. She is now working on her PhD in history at Loyola University, which is, "Lots of work but fun."

While in Florida, Searcy volunteered as a docent and answered the phone at the

Florida Museum of Natural History. She cut up the food and cleaned the cages for the bat exhibit.

"That gave me some practical experience. I did the grunt work," she added, with a smile.

Searcy got her actual start in museum work with the National Park Service in Boston in 1999. She helped catalog their collections and gave museum support for national parks in the northeastern United States. Her next job was with the American Academy of Pediatrics as a museum collections consultant, organizing

and photographing an antique baby-bottle collection that dated from ancient to modern times.

"They were all fun jobs," she said. "You're up and moving; doing different things. You have to be a Jack of all trades."

The curator encourages the public to visit the Great Lakes Museum in its new quarters in Bldg. 42 at Naval Station Great Lakes.

Although the official opening is in October, there is already much to see at the facility.

"We have a rich collection,"

Searcy said. "I'm very honored to be seeing this come to life and expand. We want the museum to be a center for Great Lakes activities. We are the only official Navy museum in the Midwest."

"We are unique, different than other Navy museums, in that we show how civilians become Sailors. We show the public what new recruits will be going through."

Exhibits include information about various Navy ranks and rates; diversity in the

See **MUSEUM**, page 10

Putting them through their paces, the NOFFS way

“Open-air” sessions on Constitution Field

By JIM BOYLAN

Associate Bulletin Editor

From April 12-14, on Constitution Field, Lt. Michael Keppen, Atlantic Fleet Officer, Training Support Center (TSC) and AOC Jermaine Clark led 125 Student Division Commanders (SDCs) through the Level 3, Stage A portion of the Group Physical Training Series. The objective: train the SDCs in the Navy Operational Fitness and Fueling Series (NOFFS) program so that they can train the students.

After a brief overview of the program, the SDCs were introduced to the “Fit Kit” that includes rubber tubes, resistance bands (darker the color, the more resistance), and a stretching rope. Then the group was put through a series of warm-up and strength exercises.

The warm-up exercises concentrated abdominals, hips, glutes, shoulders and triceps muscles. Resistance bands provided strength exercises for the leg, shoulder, glute and quadriceps muscle groups. The cardio portion incorporated sprints and jogging. The recovery segment focused on flexibility and included stretching of the hamstrings, triceps, back, deltoid, and forearms.

“The NOFFS program as a whole is centered around core strength and stability,” said Keppen. “We wanted to incorporate more staff into an open air NOFFS session on Constitution Field to show them how flexible the program is and that it can be done just about anywhere.

The emphasis over the three days was the utilization of the resistance bands in more exercises and doing 40-yard linear acceleration drills instead of the six-cone sprint and shuffle drill, he explained. The intent was to safely and rapidly increase the heart rate and lower it during breaks.

In the Nov. 27, 2009 issue of the Great Lakes Bulletin, the Navy Operational Fitness and Fueling Series was introduced with the specific goal to provide TSC Sailors with a best-

in-class performance training resource that would provide guidance on maintaining proper health and fitness.

The program is designed to provide the Navy with a training resource for fleet Sailors as well as Navy health and fitness professionals. Using the latest sports science methodologies, the logic engine for NOFFS combines both human performance and injury prevention strategies, resulting in safer training while yielding positive human performance outcomes.

The exercises used in the NOFFS product are designed to replicate the activities Sailors conduct in their operational duties: lifting, pushing, pulling, and carrying. Sailors are also taught to make healthy nutrition choices.

The parallels between the demanding military environment and the tasks of the professional athlete are what drove the collaborative partnership between the U.S. Navy and Athletes’ Performance Institute (API). It is this shared interest and dedication to human performance initiatives that have resulted in the NOFFS.

The Athletes’ Performance Training System (APTS) is an integrated model incorporating targeted injury reduction strategies, injury rehabilitation, pillar strength, flexibility/mobility, strength and power development, movement skills (speed), energy system development (cardiovascular fitness), regeneration, and nutrition. All components are programmed into training scenarios designed to enhance an individual or group performance.

The series showed individuals how to effectively and safely train their bodies and make healthier nutritional choices whether at home or at sea. The program eliminates the guesswork for the individual and provides three levels of intensity that are developed for different exercise durations: 30, 45 and 60 minutes. The program starts at the very basic level and gradually in-



Photo by Jim Boylan

Student Division Commanders perform shoulder stretch warm-up exercise during last Tuesday’s NOFFS Training session on Constitution Field. TSC held a three-day Level 3, Stage A portion of the Group Physical Training Series which dealt with a warm-up exercises, followed by exercises of strength, cardio portion and recovery segment. The inset photo shows the “Fit Kit.”

creases in difficulty with more advanced exercises and repetitions.

The exercises can be performed in confined spaces on ships and submarines or inside the student barracks or room when the weather is inclement. Each series contains photos, detailed exercise descriptions and is color coded, ring bound and laminated.

The official “commission-

ing” of the NOFFS program is scheduled for June. Following initial training of core personnel, command fitness leaders (CFL) and assistant CFLs will begin receiving the training and indoctrination for NOFFS to ensure they are implementing the new exercises correctly at their individual commands.

TSC Great Lakes is leading the way as the Navy’s only command to begin

training and implementing NOFFS so early.

“We have come along way from last fall and are ready to train our young Sailors. Physical fitness is important in our daily lives and it’s time we take it seriously,” says Keppen. “I was empowered by my commanding officer, Captain Olinger, to lead the charge and make NOFFS a reality for our staff and students.”

Volunteers recognized at Naval Station FFSC

By JUDY R. LAZARUS

Bulletin Associate Editor

Fleet and Family Support Center (FFSC) volunteers were thanked for their unselfish service at a recognition ceremony in Bldg. 26 on April 20.

Sharon Mahaffey, FFSC director, and Julie Boesel, FFSC work and family life specialist, expressed appreciation to the military members who donated their time and energy to help their shipmates.

“We wouldn’t have reached where we are if it wasn’t for our volunteers,” said Mahaffey, who distributed signed certificates to all those present. She thanked Boesel for her work with the volunteers.

“Military people are wonderful. They are always willing to step up to the plate at any time,” said Boesel, who has been at FFSC for over 20 years. “The military is a very small family.”

After introducing Retired Affairs Office Volunteer Bob Ventrella, Boesel referred to the seven volunteer Navy members who gave deployment briefings to Individual Augmentees (IAs). “That’s my job, working with those who are deployed, and taking care of their families,” said Boesel who serves as IA case manager for the Midwest Region.

“I had the aid of seven wonderful people who have helped us tremendously,” she said. “All of them have been IAs, and when they came back they

were willing to help out. They are our future. They care about their shipmates.

“This is a different kind of deployment,” Boesel pointed out. “A lot of people have questions. We want to ease their fears.

“Last year was a very busy year,” she said, noting that FFSC programs wouldn’t have been successful if there weren’t volunteers. They assisted with Operation Home Front of Illinois, and the Chief Petty Officers Association helped obtain all the school supplies for 450 children in Operation Backpack.

Last Christmas volunteers prepared 400 boxes for military families.

See VOLUNTEERS, page 8

Honormen and Award Winners at the Recruit Graduation Review

Each honor graduate and award winner will receive the commanding officer's commemorative coin in recognition of their superlative achievements during recruit training. The honor graduates for this week's recruit review graduation are as follows:

SR Justin Williams, Division 163, Pensacola, Fla.
SR Manuel Cantu, Division 164, Melvindale, Mich.
SR Joshua Hopper, Division 165, Jacksonville, Mo.
SR Alyssa Brionez, Division 166, Modesto, Calif.
SR Matthew Brenden, Division 167, Cherry Valley, Ill.
SR James Purcell, Division 168, Las Vegas, Nev.
SR Daniel Curl, Division 810, Dallas, Texas
SR Derek Daniels, Division 923, Tracey, Minn.

The recruit chief petty officers for this week's recruit review graduation are as follows:

SR Michael, Gabriel, Division 163, Imperial, Penn.
SR Michael Burton, Division 164, Columbus, Ohio
SR Brett Stoltenberg, Division 165, Lake In The Woods, Ill.
SR Jessica Solis, Division 166, San Antonio, Texas
SR Angel Villareal, Division 167, Chicago, Ill.
SR Matthew Swab, Division 168, Lansing, Mich.
SR David Parker, Division 810, Boca Raton, Fla.
SR Robert Vann, Division 923, Columbus, Ga.

Pictured are Award Recipients for this week:



SR Brandon Petty,
Cumming, Ga.
Academic Excellence Award



SR Edward Banks,
Chesapeake, Va.
USO Shipmate Award



SR Domingo Reyes,
Miami, Fla.
MOWW Award of Merit



SR Jacob Daugherty,
Taylorville, Ill.
MOAA Leadership Award



SR Gregory Jones,
Auburn, Ga.
Navy League Award



SR Matthew Chastain,
Bradenton, Fla.
Military Excellence Award

Mullen asks communities to assist veterans

By **ARMY SGT. 1ST CLASS
MICHAEL J. CARDEN**

American Forces Press Service

MORGANTOWN, W.Va. — Integrating veterans into society is a challenge not only for the departments of Defense and Veterans Affairs, but for the communities they're transitioning into, the chairman of the Joint Chiefs of Staff said here today.

Navy Adm. Mike Mullen spoke to hundreds of students, veterans and community leaders at West Virginia University and asked for a continued reaching out to military veterans to ensure their needs are met. Mullen also spoke to local residents at a town hall event at a nearby hotel.

The talks were part of Mullen's "Conversations with the Country," an initiative he is undertaking to raise awareness in American communities about the value of veterans.

Mullen was in New York at Columbia University April 18, and in Pittsburgh yesterday to meet with academics, community leaders and veterans.

Education and employment opportunities for veterans were among the topics discussed here. Several veteran-friendly business executives and university officials talked about ways they're reaching out to veterans, to create those opportunities.

The university is well known for being a veteran-friendly community. And its many veteran programs have helped greatly, Mullen said. Faculty members noted the institution's use of the Yellow Ribbon program, which provides information and services to veterans about their benefits.

A panel of business executives attested that it makes sense for them to employ well-trained military veterans. Numerous businesses here actively recruit veterans for their workforce, they said. When employers employ veterans they're getting mature, team-centric and trainable employees with great leadership potential, Mullen said.

"This group of young people will enrich [society] for decades to come," he said.

"And we have to look for ways to invest in them."

However, Mullen remains concerned that available programs and initiatives affect too few veterans.

The admiral said he also is concerned that other communities throughout the nation aren't reaching out to veterans because they simply don't know how.

"I've seen [the military] transition our people from active duty to VA [and] back to the communities," Mullen said. "At a time when so many have given so much — those tens of hundreds of thousands who've been wounded and those who've made such a difference and gone off and done what their country has asked — having three different systems just isn't adequate anymore."

The Pentagon, VA and local communities can't solve the issue alone, the chairman said. He called for a need to streamline efforts between the two departments and communities. Through teamwork and networking, he said, communities can better meet the needs of

veterans.

"[Needs] can't be met by the Pentagon, [and] it can't be met by the VA," Mullen said. "It can only be met, I believe, by communities throughout the country joined together with the Pentagon and VA to get it right for those who've sacrificed so much."

Mullen said he'll outline the best practices that assist veterans during his travels to local communities. Whether they've served in combat or not or in the reserve component or active duty, veterans deserve a chance at a happy life, he said.

Although veterans have the potential to greatly "enrich" their communities, hiring them and meeting their needs will present challenges, Mullen said, noting the psychological effects that war can have on veterans.

Mullen pointed out that "there's not a troop who's seen combat who doesn't have post-traumatic stress."

And, even if veterans return home without physical or mental injuries, Mullen said, they've still made sacrifices for

the nation, such as experiencing time away from their homes and families. Also, he added, in the case of citizen-servicemembers in the National Guard and reserve, deployment time affects their civilian careers.

Veterans' experiences in the military and at war may have changed their lives, but "their dreams center around education, raising their kids, getting their kids to school, having jobs and owning [homes]," Mullen said. "Without employment and education there isn't much of a future."

Mullen reflected on the early years of his military service at the height of the Vietnam War. As in the past, people today join the military "to improve their lives," he said.

"We must give them that opportunity," the admiral said.

Mullen praised today's generation of servicemembers and veterans, calling them the finest military the world has ever seen. It's America's responsibility, he said, to ensure that its veterans get the opportunities they deserve.

● Readers Speak Out

This week the Bulletin asks its readers, "If you could not live in the United States, what country would you want to live in and why?"



"I would live in Japan. I was stationed there and my wife is from there."

FC2 Robert Kraehnke



"Spain would be my choice. My family originated from there."

FCSN Santiago Golderos



"Australia because I love the outdoors."

BMSR Rayford Billie



"I would live in Spain. The way of life is much different than in the U.S."

ETSA Lucy Sanchez



"I would want to reside in France. I took four years of French and I like the overall culture there."

FCSA Kiersten Green



"I would pick Japan. It has a very free culture and the people are prideful."

FCSN Jason Reyes

Chicago Rush salute Navy Safe Harbor Program

By MCCS RHONDA BURKE
NRMW Public Affairs

The Chicago Rush Arena Football League team opened their season, Friday, April 9 with a pre-game salute to the Navy Safe Harbor Program.

HMC Ray Letada and his family were presented with a game ball by owner William Nero and Commissioner Jerry Kurz, who is a Vietnam veteran.

Letada, assigned to Naval Health Clinic Great Lakes, served two combat tours in Iraq and is enrolled in the Navy Safe Harbor Program.

Navy Safe Harbor coordinates the non-medical care of wounded, ill, and injured Sailors, Coast Guardsmen, and their families to optimize their recovery and rehabilitation.

He was joined on the field by his wife, Chinky, daughter, Chelsea, and son, Christian.

"This was really great,"

Lateda said of the experience, adding his family was just thrilled. He said his wife said she had never felt more proud to be a military family member. His 15 year old daughter was texting everyone on her contact list to tell them about being a VIP at the football game with her dad.

The Training Support Center Great Lakes color guard presented honors during the national anthem.

Lateda said the event really made him feel appreciated for his service.

The Chicago Rush also provided tickets for 40 students in training at Training Support Center Great Lakes to attend the game. Several of the Sailors had the opportunity to participate in on-field games during breaks in the action.

"It was so much fun, I always wanted to go to an arena game," said SN Matthew Pena.

The Chicago Rush planned



Photo by MC2 Thomas Miller, NRMW Public Affairs

HMC Ray Letada and his family were presented with a game ball by Chicago Rush owner William Nero and Commissioner Jerry Kurz, who is a Vietnam veteran.

to honor the Navy Safe Harbor Program at several of their home games this season.

● Snapshot

Name:
Salvatore Ponzio

Hometown:
Richmond, Mich.

Job title:
EM/FN

What do you enjoy most about working at Great Lakes?
Being close to home

First job:
Line cook at Olive Garden

What do you enjoy doing in your spare time?
R & R

Dream car:
1985 Monte Carlo SS, all black

Favorite meal:
My Ma's homemade spaghetti and meatballs

Favorite movie:
"Lady and the Tramp"

Your Bucket List:
Go to Italy and Sicily

Your hero:
My dad



Salvatore Ponzio

Naval Station Great Lakes Leadership



Capt. John Malfitano
Commanding Officer



Cmdr. Robert Sullivan
Executive Officer



CMDCM Leon Walker
Command Master Chief

Contact us with your comments and concerns:

By e-mail:
nsgl.pao@navy.mil

Online:
www.cnic.navy.mil/greatlakes

On Facebook:
www.facebook.com/NavalStationGreatLakes

INFORMATION, TICKETS & TRAVEL

Bldg. 400, 847-688-3537

Hours of Operation

Mon.-Thurs.: 10 a.m.-5 p.m.

Fri.: 10 a.m.-6 p.m.

Sat.: 9 a.m.-1 p.m.

All Military Paydays:

9 a.m.-1 p.m.

Sun. & Holidays: Closed

MWR Travel Plus -

Phone Service

Call 800-905-9330 (toll free number) for those interested in purchasing airline tickets over the phone. Itineraries may be picked up at the ITT Office. Hours the phone service will be in operation: Monday-Friday, 8:30 a.m.-5 p.m. For further information, or to book your travel directly on-line, please use the following website: www.mwrtravelplus.com

Chicago Skydeck

(formally the Sears Tower)

No visit to Chicago is complete without a trip to the top of The Skydeck at Willis Tower! While on the top, spectators will experience a 360-degree view from 103 floors above the Chicago Loop. Active Duty Military receive free admission with a valid Military I.D. Discounted tickets are available at the ITT Office for Adults (\$10.50) and children (\$8.50, ages 3-9).

Armed Forces Vacation Club

Great Places. Great Spaces. Great Prices. With Armed Forces Vacation Club you don't have to spend a lot to get a lot out of your vacation! You can stay in great resort condominiums and

choose from a world of vacation destinations. When making your reservation, make sure to include your local base identification number. The Naval Station Great Lakes is Base #89. To make your reservation today, call 1-800-724-9988 or visit www.afvclub.com

Going to Disney World?

Are you planning a trip to Walt Disney World? If yes, the ITT Office offers unbeatable deals for "Park Hopper" tickets! MWR Travel Plus can also help you with your travel accommodations! Call today for more information!

America's Action Territory

America's Action Territory is the "Midwest's Finest Family Entertainment Center", offering Go-Karts, Bumper Boats, Mini-Golf, and more! Year-round, customers will enjoy a 15,000 foot Arcade/Redemption area, as well as Laser Tag, Inflatables and more! Located in Kenosha, Wis. (off Hwy. 50 and I-94), Action Territory offers a 10 percent military/government discount with a proper I.D. In addition, the ITT Office now offers two discount packages!

Chicago Trolley & Double-Decker Bus Tour

Take an informative, light-hearted tour of Chicago's greatest landmarks and neighborhoods on a Trolley or a Double-Decker. Tickets allow you to hop on and off at 13 stops all day, and now you can use the same ticket to

jump on the exclusive bonus route, which visits three Chicago ethnic neighborhoods (Chinatown, Greektown, and Little Italy). Discounted vouchers are offered at the ITT Office for adults, seniors, and children (ages 3-11). The Chicago Trolley operates year round! Check their website for specific dates and times.

Rinkside Sports Fun Passes!

ITT offers Rinkside Sports Fun Passes for only \$12 (\$25 value), located in Gurnee Mills Mall. The Fun Pass includes a \$5 Fun Card to be used for video games of your choice, one admission to the Ice Skating Arena, one ice skate rental, one laser tag game, one free slice of cheese pizza, and a small soda. Use the Fun Passes to host your child's next birthday party!

Metra Tickets

ITT has METRA commuter train tickets for the Union Pacific North Line! The cost is \$2.25 for a one-way ticket between North Chicago (Zone G) and downtown Chicago (Zone A), a savings of over 50 percent off the regular ticket price. Avoid the stress of driving and let METRA take you on a one-hour leisurely train ride to Chicago! These METRA tickets are available to Active Duty Military, only. The tickets are also sold at The Loft, Bldg. 2A and the Recruit Recreation Center, Bldg. 1326.

Medieval Times Dinner and Tournament

Discounted rates are available to Adults-\$44 and Children-\$35.25 (when reservations are made through the ITT Office).

At Medieval Times, enjoy a four-course feast and watch breathtaking Andalusian stallions perform! Cheer for your own brave knight in a tournament of skill and the action-packed sword fighting and feasting at this extraordinary dinner tournament! The Castle is located in Schaumburg, Ill., just 45 minutes from Great Lakes.

Entertainment Rebate Program (ERP)...

Experience some of the area's best local (Illinois, Indiana and Wisconsin, only) entertainment and get 25 percent of your ticket cost refunded with MWR Bucks (redeemable at any NAVSTA, Great Lakes MWR facility -except for alcohol and tobacco products). ERP will help offset the cost for Active Duty Service Members attending off-base live entertainment events in the following areas: sports, concerts, cultural, etc. The rebate program does not apply to tickets available through MWR's ITT Office or free tickets offered through any other source (other restrictions apply). Also, receive a 30 percent discount with a MWR Gold Card in hand. Check with the ITT Office for complete details at 688-3537.

ROSS THEATER

Movies: Adult (Military: \$2 / DOD: \$3)

\$1:Child (ages 6-11), Free: 5 years of age and under

Ross Theater is located in Bldg. 110 and is open to everyone. Children 17 years of age and under trying to gain access to an "R-Rated" movie must be accompanied by an adult.

GREAT MOVIES AT A GREAT PRICE!

**Fri., April 23
6 p.m.**

FREE Movie!



Youth in Revolt

R-For sexual content, language and drug use. (90 Min.)

**Fri., April 23
8:30 p.m.**



SHUTTER ISLAND

R-For disturbing violent content, language and some nudity. (138 Min.)

**Sat., April 24
3:30 p.m.**

FREE Movie!



ASTRO BOY

PG-For some action and peril, and brief mild language. (94 Min.)

**Sat., April 24
6 p.m.**



GREEN ZONE

R-For violence and language. (115 Min.)

**Sat., April 24
8:30 p.m.**



BROOKLYN'S FINEST

R-For bloody violence throughout, strong sexuality, nudity, drug content and pervasive language. (125 Min.)

**Sun., April 25
3:30 p.m.**



Alice in Wonderland

PG-For fantasy action/violence involving scary images and situations, and for a smoking caterpillar. (109 Min.)

**Sun., April 25
6 p.m.**



CRAZY HEART

R-For language and brief sexuality. (111 Min.)

The movie schedule is subject to change without notice.

For up-to-date information, call the MWR Scoop Line at 688-2110, ext. 697, 24 hours-a-day or check the web site at www.mwrql.com



Mother's Day Brunch!

Treat your mother to a delicious brunch buffet!

Port O' Call Conference & Banquet Center, Bldg. 140

Sun., May 9 from 9 a.m.-2 p.m.

\$15.95 for adults

\$7.95 for children, ages 4-10

Free for children, ages 3 and under

Buffet Includes:

- Roast Beef and Ham Carving Station
- Fresh Fruit Display
- Assortment of Fresh Pastries
- Ebelskivers
- Ham and Egg Popovers
- Assorted Dessert Display

(Mimosas, Champagne, Bloody Marys and Screwdrivers available)

Reservations are recommended to guarantee seating, but walk-ins are welcome! To make your reservation, please call Nancy or Barbara at (847) 688-6946.

● **CHAPLAIN'S CORNER**

What words come naturally?

By **LT. DEREK P. SCHULTZ**
CHC, USN

It was the first time in my life that I experienced the power of words. It was a cold November morning right before school and I was nine years old. It is amazing how I can even remember the chill of the wind as I think back to that moment. My family, especially my mother, was going through a difficult time.

Finances were not good, rent was hard, there was tremendous turmoil in the extended family, and my mom had just found out she was pregnant with my second sister.

Now, I do not remember exactly what it was that specific morning that caused my mother to scream at me as I walked out of the house to go to the bus stop, but I remember EXACTLY what she said. I heard her yell, tears in her eyes, "You ruined my life, and I wish that you had never been born!" as I closed the screen door behind me. Her words chased me to school that morning, tears in my eyes, and her words stayed with me for years, haunting me, hurting me. Our relationship is much better now, but you want to know something amazing?

She doesn't even remember saying that to me! But I sure did — for a long time.

In the New Testament of the Christian Scriptures, the book of James speaks directly on the power of our words, "All kinds of animals, birds, reptiles and creatures of the sea are being tamed and have been tamed by man, but no man can tame the tongue. It is a restless evil, full of deadly poison. With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers, this should not be."

Consider today the power of your words and what words come out naturally from you. Words can hurt or heal; they can tear down or build up. Words are powerful. So, ask yourself this question today, "How am I doing in controlling my tongue?"

The lesson from James is one of the most powerful blendings of emotional and spiritual insight on maturity I know of. While many of the writers in Scripture frequently take us to the heights of the mystery and wonders of the faith, James is the one who speaks on where the rubber

meets the road. His whole letter is a kind of a "Thanks, I needed that!" An interesting note of reflection is that James was the half-brother of Jesus; as a matter of fact, at one point he even thought his brother Jesus to be mentally unbalanced (look at Mark 3:21!)

We might deem that the memory of his own careless words spoken about his half-brother helped James to write one of the most insightful passages about the tongue in all literature. The most hurtful words are often those said to the ones we love most. Many of you have said hurtful things to the ones you love and now that you are away from home you are beginning to realize how much you have taken them for granted. So what has been your legacy of words?

Taking a different avenue for a moment, contemplate the physical wonder of the power of our speech. When we hear a word, the physical movement that reaches our inner ear activates 24,000 little nerves which react through the limbic system and results in the pituitary gland sending hormones into the body. Our whole physical system reacts when we hear words of care or condemnation!

When we hear words that bring us pain or anxiety, the physical-chemical reaction can take up to 72 hours to subside, and if we do not properly deal with that issue, it can last even longer. No wonder some people live in a perpetual state of agitation and upset! Most people are far more sensitive than we know and when we're honest, most of us are more sensitive than we dare to admit.

James concludes that the tongue cannot be tamed, but he clearly gives us some insight through illustration that we Sailors can understand easily: the rudder which de-

termines the course can be controlled by the pilot of the ship. "Look at ships," he says. "Although they are so large and driven by fierce winds, they are turned by a very small rudder whenever the pilot desires."

So, be challenged and encouraged today. We are the pilots and our tongues are the rudders that determine the course of our lives and can impact the lives of others for good or ill. If we are able to control our tongue, we have begun to grow in maturity and in relationships. That sounds like a good course heading to come about to in our lives.

● VOLUNTEERS

Continued from page 4

"Five chiefs helped unload the truck on a freezing day; the

next day families came to pick up the boxes," Boesel said. "We couldn't have done it without the volunteers."

"They've been there for us. They all came through."



Photo by Judy R. Lazarus

HN Audrey Newberry, one of seven volunteers who gave pre-deployment briefs to IAs, receives a certificate from Julie Boesel, IA case manager, left, and Sharon Mahaffey, FFSC director, center.

● Command Religious Program Schedule

ROMAN CATHOLIC

Blue Jacket Memorial Chapel

Sunday Mass 9 a.m.
Weekday Mass (Monday, Wednesday, Thursday) . . . 11:45 a.m.
Confessions Sunday, 8:15-8:45 a.m.

PROTESTANT

Blue Jacket Memorial Chapel

Contemporary Worship Sunday, 10:30 a.m.

Naval Health Clinic Chapel (Bldg. 200H, 2nd deck)

Worship Sunday, noon

ADULT BIBLE STUDY

Fellowship Hall, Bldg. 3

Exploring God's Word Together Sunday, 9 a.m.

CONNEXION

Fellowship Hall, Bldg. 3

Faith-Fellowship-Food Friday, 7 p.m.

ISLAMIC

Salat-al-Jumua

Bldg. 2B, Rm. 234 Friday, noon

The Study of Islam & Muslims Class

Bldg. 2B, Rm. 234 Friday, 6 p.m.

BUDDHISM

Soka Gakkai International

Bldg. 122, Rm. 229 Sunday, 1 p.m.

JEWISH

Shabbat Services

Bldg. 200H, 2nd Deck First Friday of the month,
6 p.m.

LATTER DAY SAINTS

Worship

Bldg. 200H, 2nd Deck Sunday, 1:30 p.m.

RECRUIT MEMORIAL CHAPEL (RTC)

FRIDAY SERVICES:

Seventh Day Adventist 7 p.m. (B)
Jewish Shabbat 7 p.m. (F)

SUNDAY SERVICES:

Latter-Day Saints Worship 7 a.m. (D)
Church of Christ (non-instrumental) 7 a.m. (E)
Orthodox Christian Divine Liturgy 7:30 a.m. (C)
Christian Science
Bible Study 7:30 p.m. (AdminOffice)
Lutheran Communion Service 7:30 p.m. (F)
Unitarian Universalist 9 a.m. (A)
Baha'i 9:15 a.m. (C)
Buddhist 10:30 a.m. (B)

LOCATE YOUR CHAPLAIN

Navy Region Midwest Chaplain:

Chaplain Finch Fellowship Hall, Bldg. 3,
ext. 5610

NAVSTA Great Lakes Chaplains:

Chaplain Bedford Fellowship Hall, Bldg. 3,
ext. 5610

Chaplain Kleinman Fellowship Hall, Bldg. 3,
ext. 5610

TSC Chaplains:

Chaplain Peterson Bldg. 3, ext. 5410/2396
Chaplains Borzych & Dance Bldg. 616, Room 217,
ext. 2410/2411

Chaplain Mubarak Bldg. 236, Room 345,
ext. 2073/5672 (M-W)
..... Bldg. 2B, Room 213,
ext. 7046 (Th-F)

Naval Health Clinic Chaplain:

Chaplain Kaehr Bldg. 200H, ext. 2385

Naval Hospital Corps School Chaplain:

Chaplain Bouma NHCS, ext. 2267



Photo by Jim Boylan

Walter McGuire, golf professional, conducts a 2009 junior golf camp. This season he will again instruct youth, and give free clinics for ladies and active duty/reserve military during the summer months on the practice range at Willow Glen Golf Club.

Willow Glen to offer golf camps and clinics

By JIM BOYLAN
Associate Bulletin Editor

Junior Golf Camp

The 2010 Junior Golf Camp will be held on Wednesdays, beginning June 16 and ending July 21. Junior golfers ages 8-15 are welcome.

The first six sessions will be at 8 a.m. for youth ages 12-15. Age group 8-11 will follow at 9:15 a.m. Golf clubs will be provided to those without equipment, courtesy of the "Sticks for Kids" national program. The cost is \$40 per stu-

dent and registration with payment is due no later than June 11. Call the golf shop or Walter McGuire at 688-4593 for information and to register.

Free Ladies Golf Clinics

Beginner golf clinics for ladies will be held on Thursday mornings at 10 a.m. and Thursday evenings at 6 p.m. starting May 6. The clinics are free of charge, however, advance reservations is required.

A minimum of three students with a maximum of 10 are re-

quired to be signed up 48 hours in advance. Club rentals will be provided.

Active Duty Golf Clinics

Free golf clinics for active duty and reserve military personnel will be held on Thursdays at 5 p.m. beginning on May 6. Saturday classes will start up on May 11 at 11 a.m. Class size must have at least four students with a maximum of 10. Reservations are required no later than 48 hours prior to the class. Please call the golf shop for details.

Spring BASH Softball Tournament

Prepare for the Captain's Cup softball season (the Captain's Cup softball season is expected to begin the week of May 10) by participating in the Spring Bash Softball Tournament. A Captain's Cup pre-registration/tournament softball meeting will be held at Bldg. 440 on Monday, April 26 at noon. Coaches will meet at Bldg. 440 to pick a seed selection for the tournament and sign up for Captain's Cup Softball. The Tournament will run from Mon., April 26-Thursday, April 29.

Games times are as follows:

5 p.m., 6 p.m., 7 p.m. and 8 p.m. Teams entered into the tournament will be guaranteed a minimum of two games. Teams should be prepared to play softball all week based on entries. Rosters for the Tournament are open. Captain's Cup rosters will need to follow command guidelines.

Indoor Triathlon

The Indoor Triathlon takes place on Tuesday, April 27 and Wednesday, April 28. Events of swimming, biking and running will be held at Bldg. 440.

Participants must pre-register by Mon., April 25 for the date and time they wish to compete.

The times are as follows: 7 a.m., 11 a.m. and 4 p.m. Slots are limited in each time. Participants will be placed into a pool for starting positions. The requirements are to complete 10-minutes of swimming, 20-minutes of biking and 15-minutes of running. The total distance achieved in each event will be combined for the participant's final score. There are female and male categories and six age groups.

Annual America's Armed Forces Kids Run coming next month

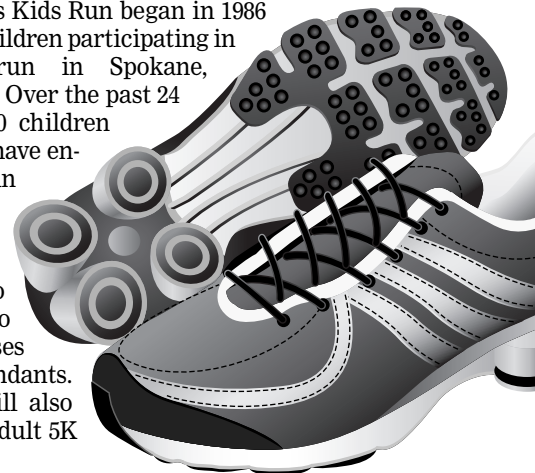
On Saturday, May 15, Naval Station Great Lakes children of active-duty military personnel will have the opportunity to participate in the eighth Annual America's Armed Forces Kids Run.


Check-in time of 8 a.m. with the race starting at 9 at the Ross Field review stand.

The Annual America's Armed Forces Kids Run will provide 21,875 military children the opportunity to participate on 178 Navy and Air Forces Bases, and Army Forts and Garrisons on Saturday, May 15 worldwide.

The children will run three distances based on their ages, and receive the reward of a colorful T-shirt. Children ages 5 and 6 run one half mile, ages 7 and 8 run one mile, and ages 9 through 13 run two miles on a safe and secure course.

America's Kids Run began in 1986 with 3,800 children participating in the first run in Spokane, Washington. Over the past 24 years 198,000 children ages 5 to 13 have enjoyed the Run in Spokane and in 2002 decisions began to offer it to Military Bases and dependants. This run will also include an adult 5K run as well.





UFC 113

SEE IT ON THE BIG SCREEN!

FREE AT ROSS THEATER!

SAT., MAY 8 • 9 P.M.-MIDNIGHT

DOORS OPEN AT 8 P.M.

★ ★ **DON'T MISS IT!** ★ ★

Main Event:

Machida

Vs.

Shogun

★ ★ **DON'T MISS IT!** ★ ★

Doors open at 8 p.m. • Fights begin at 9 p.m.

See a FREE live showing of these UFC fights featuring mixed martial arts and hand-to-hand combat on the "Big" screen at Ross Theater!

Come early to participate in Nintendo Wii Boxing Match-ups before the fights begin, starting at 8 p.m.


Compete in a fight pool and predict the winners of each bout to win a great prize!

Concessions & beverages will be available for purchase. "All-Hands" Welcome!

For further information, call 688-2110, 161.

*The Department of Defense and the U.S. Navy neither endorse nor recommend this company's products or services.

LIVE ON PAY-PER-VIEW



See it on the BIG Screen!

• MUSEUM

Continued from page 3

Navy; uniforms; training manuals; an inter-active exhibit of surface naval conflicts; and an overview, for new recruits and their parents, of Recruit Training Command weeks one through eight.

"We are in the process of setting up a theater, which will open this summer, where we will have films, lectures, and interactive screenings," Searcy said.

Museum hours are Wednesday, Thursday, Friday and Saturday from 1 to 5 p.m.

and Friday 11 a.m. to 5 p.m.

"We're flexible though," the curator said. "We can accommodate visitors at other times if they let us know before hand."

Referring to the support she has received from Museum Technician Therese Gonzalez, Searcy noted that, "She has been the heart of the museum over the years. She knows who to contact; she is like a walking naval computer. If there was a naval 'Jeopardy' Therese would win hands down."

Working parties, made up of Sailors on hold, have been helping out at the museum. "They have a sense of pride

and ownership," Searcy said. "We love having them here. They paint, clean, and help us organize our collection. We have civilian volunteers also, and are always looking for more. There are a ton of things to be done; volunteers can pick something where they have a skill set.

"We are going to get a Facebook page and will be on Twitter," she added. "And we will advertise for docents. We welcome former docents, veterans, or anyone who even just has a great love of history. We would be happy to train them."

To volunteer, or for further information about the museum, call 688-3154.

Cadet overcomes physical limitations, odds in NJROTC program

By MICHAEL F. MILLER
NSTC Public Affairs Office

A Navy Junior Reserve Officers Training Corps (NJROTC) cadet overcame odds by participating in the NJROTC National Academic, Athletic and Drill competition at Naval Air Station (NAS) Pensacola, Fla., April 9-10.

Tyriek Merritt, a junior at Seaford High School in Seaford, Del., was born missing part of his lower right arm below the elbow. Despite this birth effect, Merritt has been an active cadet in the NJROTC program and competed in the athletic and unarmed drill portions of the NJROTC nationals competition.

Merritt has been able to live his life as close to normal as any other high school student. He plays golf, soccer and even works out everyday by lifting weights.

"This has been mind over matter training throughout my life," said Merritt. "I have had to make my body do things that it normally does not do."

Merritt, whose dream has always been to join the military, approached Seaford's senior naval science instructor, Chief Warrant Officer (Ret.) Rick Norman, in eighth grade and asked to join the NJROTC unit his freshman year.



Photo by Scott A. Thornbloom, NSTC Public Affairs

Navy Junior Reserve Officers Training Corps (NJROTC) Cadet Master Chief Petty Officer Tyriek Merritt, 17, a junior at Seaford (Del.) High School, performs push-ups during the 2010 Navy JROTC Nationals Academic, Athletic and Drill Competition April 9-10. Merritt was born with a birth defect missing his right hand and part of his lower right arm right.

"I remember him coming up and asking me about joining our NJROTC unit, and I said 'why couldn't you join the unit?'," said Norman. "From that moment on, he has given 125 percent or more every day. He has been an inspiration and motivation to everyone he comes into contact with."

Seeing Merritt perform push-ups as part of the athletic portion of the NJROTC nationals was an inspiration to many in attendance who witnessed his perseverance.

"Tyriek is a testament to the courage and commitment of our NJROTC cadets," said Cmdr. Mark Watson, USN

(Ret.), NJROTC operations officer at Naval Service Training Command's Citizenship Development directorate. "This is a true example of how, regardless of your size, gender or physical limitations, the NJROTC program helps you excel and overcome challenges."

The NJROTC nationals featured 26 NJROTC units from 14 states that competed in personnel inspections, academic tests, military drill and athletic competitions. The event drew more than 1,400 cadets, naval science instructors, chaperones and family members.



Photo by Judy R. Lazarus

Curator Jennifer Searcy adjusts the Vietnam-era U.S. Marine uniform on a museum mannequin.

★ Do You Have What It Takes? ★

GREAT LAKES IDOL!

★ YOUR TIME TO SHINE! ★

AT ROSS THEATER

Auditions: Round 1
Sun., May 2
Registration: 5pm • Contest begins: 6pm
Sing on stage with a live professional band!
Visit <http://www.mwrgl.com> for available audition selections.
Cheer on your friends & cast your votes for the semi-finalists!

★

Semi-Finals: Round 2
Sun., May 9
Doors open: 6pm • Event begins: 6:30pm
Cast your votes for the finalists!
Prizes awarded for Best Fan Group and more!

★

Finals: Round 3
Sun., May 16
Great Lakes Idol Finale!
Including a Fantastic Break Dance Performance by the Hit Group 61Syx Teknique!!
Doors open: 5:30pm
Event begins: 6:30pm
Finalists compete for title of "GREAT LAKES IDOL" and Grand Prize!

Grand Prize:
Opportunity to sing the National Anthem at a 2010 Chicago White Sox Game!
(Game tickets and limousine provided)

All Active Duty and Reservist Personnel attached to Naval Station Great Lakes are eligible to compete. All three events are FREE to compete and attend. For more information, call 847-688-2110, ext. 161.

*Neither the Department of Defense nor the U.S. Navy officially endorse or recommend this sponsor's products or services.
*Any Navy MWR prize is subject to change. However, MWR will use comparable value for any replacement prize.